

Welcome to Better Swimmers Sooner

There has never been a better time for you or your children to learn to swim or improve existing skills! We operate a very popular and successful learn to swim programme and we are currently teaching more than 4500 children, aged four months to 10 plus years across Northumberland and Cumbria every week.

The Swimmer's 'journey through aquatics', following the National Plan for Teaching Swimming, will result in the development of a wide range of skills. These skills are like pieces of a jigsaw and when put together result in a competent, confident and safe swimmer who has the skill base for developing techniques in a wide range of water-based sports.

Better Swimmers Sooner also includes:

- **FREE general swimming**
- **FREE leisure card:** Offering up to a 25% discount off our other services and activities.
- **FREE badges and certificates:** Sponsored by Kellogg's featuring Tony the Tiger, badges and certificates are presented to children at every stage of the programme to recognise their achievements.



Providing more lessons



The programme is based on providing 46 weeks of swimming lessons per year (50 weeks in Copeland), with a two week break for each of the Easter, Summer, and Christmas holidays.

By offering more lessons throughout the year, we believe that your child's stamina and ability will be maintained with no drop off caused by not receiving lessons for six weeks in the summer, enabling your child to progress faster.

We also provide group and one to one lessons for adults.

How it works

With lessons monitored through the ASA (Amateur Swimming Association) and ASA qualified teaching staff, our lessons ensure the highest standards of teaching, customer service and ultimately accomplished swimmers.

The programme includes pre-school sessions followed by ten stages which are outlined opposite, enabling swimmers young and old to develop a wide range of skills and proficiency in recognised swimming strokes.

Stage	Pre-requirements	Class outline	Progress to
4mths - 12mths	None	Introduction to water for babies with their parents or guardians to help develop water confidence.	Aqua Tots Duckling Awards
12mths - 2yrs	None	Introduction to water for toddlers with their parents or guardians to help develop water skills and confidence.	Aqua Kids Duckling Awards
2 - 3yrs	None	Introduction to water for babies with their parents. Basic skills taught through play using bouyancy aids.	Pre-school Duckling Awards
Pre school 3 - 4 yrs	None	Introduction to water for toddlers without their parents. Basic skills taught through play using bouyancy aids.	Beginner Duckling

Foundation

Stage 1 4 + yrs	None	Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids e.g. arm bands, floats etc.	Stage 2
Stage 2	Stage 1	Developing safe entries to the water including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids e.g. arm bands floats etc.	Stage 3
Stage 3	Stage 2	Developing safe entries including submersion, travel up to 10m on the front and back, progress rotation skills, knowledge and water safety.	Stage 4
Stage 4	Stage 3	Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes and swimming 10m to a given standard as directed by the ASA.	Stage 5
Stage 5	Stage 4	Developing 'watermanship' through sculling and treading and water skills, complete rotation, also performing all strokes to the given standard as directed by the ASA.	Stage 6
Stage 6	Stage 5	Developing effective swimming skills including coordinated breathing, developing water safety aspects and understanding of preparation for exercise.	Stage 7
Stage 7	Stage 6	Developing quality stroke technique up to 100m incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 to 7.	Stage 8

FUNDamental

Movement

Skills

Stage 8	Stage 7	Developing quality stroke technique up to 400m. Develop basic setwork e.g. 16 x 25m on a set turn around time. Perform turns 10m in to 15m out of the wall.	Stage 9
Stage 9	Stage 8	Swim 800m continuously. Complete a set lasting 800m e.g. 16 x 50m on a set turn around time. Perform the correct starts and transfers into the strokes.	Stage 10
Stage 10	Stage 9	Swim 1500m continuously. Complete a set lasting 1600m e.g. 16 x 100m on a set turn around time. Swim 200m using legal turns. Relay take overs as incoming and outgoing swimmer.	Swim Club

FUNDamental Sports Skills

For more information contact your nearest NCL swimming pool; see reverse for details.



Wentworth Park, Hexham, Northumberland NE46 3PD
Tel: 01434 607080
Email: wentworth@northcountryleisure.org.uk



Front Street, Prudhoe, Northumberland NE42 5DQ
Tel: 01661 833144
Email: waterworld@northcountryleisure.org.uk



Willowburn Avenue, Alnwick, Northumberland NE66 2JH
Tel: 01665 605030
Email: willowburn@northcountryleisure.org.uk



Silverton Lane, Rothbury, Northumberland NE65 7RJ
Tel: 01669 622834
Email: coquetdale@northcountryleisure.org.uk



Cleator Moor Road, Whitehaven, Cumbria CA28 8RW
Tel: 01946 696049
Email: copelandpool@northcountryleisure.org.uk

Better Swimmers Sooner

NCL's swimming development programme



This leaflet is available on audiotape and as a large print version. Please ask for details at reception.



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 North Country Leisure is supported by Northumberland County Council and Copeland Borough Council.
 North Country Leisure is a registered charity.

We reserve the right to change the programme in exceptional circumstances.

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